

## Hurom Slow Juicer: The most unbiased review

[Hurom Slow Juicer](#) refers to a type of juice extractor which employs the use of Low Speed Technology System in extracting juices. The name Slow Juicer does not in way mean that it is slow in extracting juice. Rather it implies that the machine operates at between 80-100 RPM as opposed to traditional blenders which operate at 1000 RPM and above. Also, it uses less power compared to traditional blenders. At just 150 watts, it is more efficient than other blenders which use up to 1500 watts of power. Read the following unbiased review of Hurom Slow Juicer review and learn everything you need to know about this wonderful juice extractor.

Despite its name, the Hurom Slow Juicer machine is in fact much faster in extracting juice compared to other machines. You can get much more juice from the same food if you use this machine than if you were to use other blenders to extract juice. It gives a much drier pulp compared to what you get when you use other blending machines.

### How it works

The machine uses mastication and pressing methods to extract juice, taking advantage of the auger as its mortar and pestle. This action presses and crushes the food, vegetable or fruit, which in turn leads to the deep-seated enzymes and nutrients being released. The machine is also capable of breaking up a lot more phytonutrients, and this results in a juice that is not only more colorful but also one that retains much of its minerals and vitamins.

### Significance of the slow RPM

The slow RPM is very important. It means that when vegetables and fruits are used to make the juice, they are able to maintain their cellular structures. This eliminates oxidation or separation. The end result is that the precious nutrients and enzymes are preserved to their natural form, meaning that you end up taking healthier juices.

## Health benefits of Hurom Slow Juicer juice

- More juice- because it uses dual-stage technology that mimics mortar and pestle, it is able to give more juice compared to other machines. It leaves behind pulps that are much drier, meaning that all the juice in them has been extracted.
- More vitamins: Due to its relatively low revolutions per minute (RPM) that stands at just 80, it can extract juice without interfering with the cellular structure of the fruits or vegetables. Unlike the high speed juicers, it does not have any heat and also has less friction meaning even less damage to living enzymes.
- Hurom gives you more value: This is an energy-efficient machine that helps you conserve energy and hence lower power bills. Its power is just 150 watts compared to other blenders which have high power ratings of up to 1500 watts.

## Foods items that can be used with this juicer

Basically, you can use this juicer to extract juice from virtually all fruits and vegetables. Some of these include nuts, soy, leafy greens and vegetables. Using the juice, you can make things like nut milk, soy milk, sauces, baby food, marinades, cocktails and even ice creams. The resultant pulp is not a waste but can be used to make delicious meals.

## Benefits of Hurom Slow Juicer

- Easy to assemble and take apart for the purposes of cleaning
- It does not give much noise. This is very important for a surreptitious juicer who does not want to stir their guests to wakefulness. Although it's not silent, it is still much quieter compared to ordinary high-speed blenders.
- The machine is of utmost quality
- It can continuously make a lot more juice compared to other blending machines. With just one honeydew melon, you can get up to 6 cups of healthy and delicious juice that can suffice for two people.
- In spite of the name, the machine is actually a lot faster. The

slow in the name just refers to the technology that has been used to make it. It makes it possible for the machine to extrude juice but not oxidize the fruit. The result is that you get more juice that has less or no flavor corruption, separation or discoloration.

- It does not clog up
- Other than juicing, you can also use the machine to prepare sorbets, ketchup, jams, soups and lots of other delicacies.

Who would buy this machine?

- If you want to get the most essential nutrients from fruits and other vegetables, the easiest way is juicing. You need these essential elements to detoxify liver as well as other organs to increase energy and also your mood. In addition, juicing makes food more digestible.
- People suffering from chronic illnesses are often unable to ingest solid foods especially during flare-up periods. For such people and their ilk, the best solution would be to juice up.
- If you want to include more of raw vegetables and fruits into your diet, then you need this machine to prepare juice.
- If you want to clear up your skin, have more energy and have shinier hair, you guessed it right, juice is the answer.

Cons

- 1). The juice is not entirely pulp free. However, this problem can be solved by properly reading the manual. You just have to run the juice a couple more times over the machine and it will remove all the pulp. But its flavor is still outstanding even after getting rid of all pulp.
- 2). Its small feeding nozzle needs more prep work compared to normal juicers. From the instruction manual, you are expected to chop fruits or vegetables into thin pieces of two inches. Even if this appears difficult, it is definitely worth the trouble given the high quality juice you will get.

Conclusion

Compared to other juicers currently in the market, Hurom Slow Juicer has lots of advantages. For someone who enjoys

concocting their own juice, this machine gives them low mess, efficiency and freshly-tasting juice which other appliances cannot guarantee. It is definitely worth every penny you invest into it. It is quite easy to use even for a newbie. What are you waiting for? Get the Hurom Slow juicer and learn the secret about juices that everyone is talking about in town.